

YOUR DONATIONS KEEP THE BERNAL JOURNAL ALIVE



(Miss Hellon Morris in Precita Park, June 8th, 1924)

HARVEST CELEBRATION IN PRECITA PARK

Do you remember when there were October art festivals in Precita Park? Do you remember that those occasions, sponsored by the Bernal Heights Association, produced a once a year newspaper called The Bernal Journal? Well, the paper is now a bi-monthly publication and the festival will return this October sponsored by the new Bernal Heights Arts and Trades Council, The Bernal Heights Association, and Precita Center on SATURDAY, OCTOBER 23rd from 1 - 6 P.M. The festival will include display and information booths, performing artists, food, and various goodies such as jugglers, Polynesian dances, and many surprises for one and all: If you have something artistic you want to display; if you want a booth to give information, sell something, or demonstrate something; or if you would like to perform or just want to get involved in some other small or large way, call Carole or Carlos at 285-7833.

A New
Spanish
Column

COMIENCE UNA COLUMNA
EN ESPAÑOL

Cualquier persona que desee escribir algo en Español, es bien-venida a que contribuya sus artículos en el BERNAL JOURNAL. Con gusto publicaremos cualquier evento que ocurra o esté por suceder en la Comunidad Hispano-Americana.

ATENCION, LECTORES HISPANO-AMERICANOS:

A partir de nuestro próximo número, pretendemos dar cabida a toda información que nos sea remitida respecto a NACIMIENTOS, BAUTIZOS, MATRIMONIOS u ONOMASTICOS. También daremos cabida a los nombres de las personas que lleguen o salgan del país.

Para lograr su publicación, favor llamar a los teléfonos: 282-5457 ó al 647-4465.

from
THE BERNAL FUND
500 Cortland Avenue
San Francisco 94110

Non-Profit
Organization
U.S. Postage
PAID
San Francisco,
California
Permit 11177

To:

THANKS TO THE ADVERTISERS

The merchants who advertise in the Bernal Journal have enough interest in the paper and the community to help us with money. We can thank them for this support by patronizing their shops and/or just telling them we saw their ad in the Bernal Journal.

— YOU ARE INVITED —

A NEIGHBORHOOD POTLUCK DINNER SATURDAY, OCTOBER 16TH AT ST. KEVIN'S NEW HALL (ANDERSON & CORTLAND)

6 - 7:30	eating/music/socializing
7:30 - 8	introductions of neighborhood people and resources
8 - 9	politics/issues and candidates
9 - 10:30	entertainment/good times
10:30 - 11	clean-up and go elsewhere

Bring food to share. If you have entertaining talent call Pat Marston 826-5170 for a place on the program.

MARKS AND MENDELSON

The two candidates for State Senator, Republican incumbent Milton Marks and Democratic challenger Bob Mendelsohn, don't quite agree on what each has been saying about the other around town in their respective campaigns.

Mr. Mendelsohn, a member of the Board of Supervisors, said that Senator Marks had been the swing vote in defeating bill AB 2549 which would outlaw the practice of banks cutting off loan money to certain neighborhoods deemed "risky". Mendelsohn asserted that this practice "condemns a neighborhood to death and should be gotten rid of." Sen. Marks

continue on page 6 ...



There was some concern voiced over the article "Bernal Heights Self-Help ... Reality or Illusion?" that was on the front page of the last (August) issue. First let me say that the article was in no way reflective of the views of the Bernal Heights Association or the Bernal Fund --- organizations which sponsor the Bernal Journal. As with every article in this newspaper, it was written by a neighborhood individual, and was thus that person's opinion. Granted, most articles are not quite so subjective, but then most are just relating neighborhood events and activities. And most people don't have the courage to voice such strong opinion.

Perhaps this letter should have been stuck under "Letters to the Editor." I did have a reason for my deliberate placement on the front page, though it may have been inappropriate. I found it refreshing to read an article with some emotion -- as opposed to the routine, yet necessary, news items. And I was hoping this article might spark some interest, written response, and ultimately some action concerning the author's complaints.

But this was only one person's opinion and I meant to offend no one by including it in the newspaper and/or by placing it on the front page. And I'm sure the author meant no personal offense or implication to innocent people in the neighborhood. And I apologize for both of us if sensitive people felt the "free lunch" remark was anything more than just a figure of speech, or that the little picture (which is a famous photograph from Life Magazine) on page two was any more connected to the "Reality or Illusion" article than it was to the "Precita Park" article above it. And my final cautious comment to the offended is "If the shoe fits, wear it" -- otherwise take it as one man's opinion, to which he is entitled.

Let me add that there were many positive and agreeable reactions to the "Reality or Illusion" article also. Many people felt similar conditions exist on their blocks, or at least could appreciate the author's viewpoint.

Furthermore, my complaint is that I had to hear almost all of the comments via other people -- not one Letter to the Editor. As Editor of the B. J. I am willing to accept full responsibility for the newspaper. I feel I do the community a service by donating my time to the paper, and I would appreciate it if the community would do me

the service of responding. Admittedly, I don't get out into the community much, but my name and phone number have been listed in each issue, and for only one reason -- to be called if anyone has any comments or complaints regarding the newspaper -- its form or content. Or people can send Letters to the Editor (201 Virginia Avenue). I wish people would feel free to do this since it is the only way of improving the newspaper and making it a paper everyone will want to read and contribute to. AGAIN, MY PHONE NUMBER IS 282-5457.

As Editor of the B. J. I feel it is my job to report the news relevant to B. H. and to provide a means for people to voice their opinions. It is also my responsibility to do whatever I can to improve the quality of our lives here. I would be very sorry if the B. J. did not print the varied sentiments of the residents of Bernal Heights, because I think it is the newspaper's duty to be a sounding board for the community. I'm afraid the paper would lose readership and become the voice of a small select group if concerned citizens were denied their right to voice their opinions in the Bernal Journal.

Billie JonesDuffy, Editor

The Bernal Journal

A non-profit, bimonthly newspaper sponsored by the Bernal Heights Association and the Bernal Fund. It is dedicated to serving the people of Bernal Heights with pertinent news and information on interesting ideas, issues, people, places and things to do. Its purpose is to preserve and improve the quality of life on the Hill. All work done on the BJ is voluntary. For any information on the BJ call Billie Jones, 282-5457.

Staff

Editor: Billie Jones
 News Editor: Greg Catani
 Treasurer: Sandie Gill
 Paste-up: Tom Duffy
 Distributing: Ernie Gill
 Printing: Waller Press

Subscription Rate: One year \$1.00

BUDGET REPORT

Previous Balance	\$ 382
New Subscriptions (@ \$1)	\$ 13
Advertising Sales	\$ 243
Donations	\$ 20
Expenses	(\$ 95)
Printing	(\$ 200)

NEW BALANCE OCTOBER 1976 \$ 363



SUBSCRIPTIONS: \$1 OR MORE! AFTER \$1 IT'S A DONATION AND IS TAX DEDUCTIBLE.

NAME: _____

ADDRESS: _____

PHONE: _____ SEND TO:
125 WINFIELD STREET...S.F...CA..94110

ABC LETTERS TO THE EDITOR DEF

DOG OWNERS TAKE WARNING!

After living in Bernal Heights for over a year and a half, and after having tried unsuccessfully through peaceful means to ameliorate an intolerable situation, we feel it's time that the leash laws be strictly enforced in this neighborhood.

This is our one and only warning. In the future any time stray dogs, licensed or otherwise, are observed roaming the neighborhood without a leash, the police will be notified -- and badgered if necessary -- until the leash laws in this city have been properly complied with.

We feel that we have been more than patient. We're tired of asking people nicely to please keep their dogs on leashes. We're tired of cleaning up other people's dog's shit from our property daily. Isn't a year and a half long enough to have to put up with this annoyance. It shouldn't have to come to this. Dog owners are cutting off their noses to spite their faces. If they were considerate of their neighbors these steps wouldn't be necessary.

This is the only letter we will write. From now on words will be replaced by actions.

An Irate Citizen
(Name withheld by request)

BURNING BERNAL

The burning by the Fire Dept. was done at the request fo Upper Ellsworth and Anerson Block Club to prevent un-supervised fires which could endanger structures adjacent tot the Hill. This controlled burning considerably decreases the numerous costly trips by the Fire Dept. to this area.

I've resided on Ellsworth St. since 1954 and I've never been disturbed by blackness (does not cover entire Hill). Every day numerous people, seem unperturbed. Blackberry pickers still do their thing and I fail to find any of the burnt trees. I think the burning helps the next season's sprouting of the many species of flora to be found on our wounderful Hill.

Many neighbors, as well as myself, are grateful to the City and young men and women for chopping the dry grass adjoining our homes. So, once again, thanks to the S. F. F. D. and Youth for a job well done.

Fred E. Strickland

NEIGHBORHOOD CENTER

There is a possibility that Bernal Heights may receive funding for a Neighborhood center. What kind of center do we want? As a craftsperson, I am hoping there will be a space created for use as an arts studio. There people can come to learn and enjoy a craft such as pottery as well as drawing and painting. Perhaps there could be occasional special workshops and regular classes after school or in the summer for children and in the evenings for adults. Many artists in the neighborhood would welcome the opportunity to work in the community and share their ideas and skills in a creative environment.

Ann Lacy

HEALTH CARE

Well Baby Clinic The Well Baby Clinic is held the 4th Thursday morning of each month at Visitation Valley Community Center, 66 Raymond Avenue. A Doctor and a Nurse are available to answer your questions and will suggest resources if necessary. For children under 6 years of age, free checkups and immunizations are available. For appointment call: 468-3664.

Family Planning and Cancer Screening Clinic Cancer Screening and Family Planning services are available for females, Health Center #3, 1525 Silver Avenue.

Uterine cancer, if caught in its early, presymptomatic stages can nearly always be cured. We advise women to have a pap test at least once a year, especially women 35 years of age and over. In addition to the pap test, the thyroid gland and breasts are also checked for lumps.

Family Planning is designed to improve family health through planned spacing of children.

Appointments can be made by phoning 468-3664 or by visiting the health center.

Blood Pressure Check If you want to know your blood pressure, stop in at 5021 Third Street, 10 a.m. to 2 p.m. and check it out.

Our goal is to help residents in the community become aware and knowledgeable about high blood pressure and what can be done about it. Call: 822-2380.

TOP OF THE HILL

Clean-up Oct 24th and Nov. 21st, 1 P.M.. Meet at the chain leading to the microwave station.

NEW AND BETTER SCHOOL BOARD

The School Board has such an impact on our public schools that we must be sure the people elected are those whom we trust. The future of the children depends on this. There will be a Candidates Night for the School Board OCTOBER 28th, 7:30 P.M. at Portola Jr. High, 350 Girard St. If you need a ride, call Pat Helton, 6473665.

MEET YOUR NEIGHBORHOOD POLICE

The people who drive Police cars and sometimes walk the streets through Bernal Heights have the job of helping us to protect ourselves. But some of us have never met and conversed, as one human being to another, with these Police people. Hopefully we may all have our chance. We have invited the Police people who patrol Bernal Heights to meet the neighborhood, Wednesday, October 27th, 7:30 P.M., at 307 Cortland. Informal. Refreshments. Hope to see everyone.

Neighborhood Center

B. H. NEIGHBORHOOD CENTER

What activities, programs or services would you like to see in a Bernal Heights neighborhood center? Below are listed some ideas that have already been suggested to the Sponsoring Committee for a Neighborhood Center. Check off those things you feel are important -- add other ideas, if you wish -- and send the list to the Committee, c/o Sally Green, 920 Esmeralda Ave., S. F., 94110, or come with the list, your ideas, and your volunteer time and energy to committee meetings which are held on the first and third Mondays of the month, at 8 P.M., at 307 Cortland Ave. Call Chairperson Sally Green, 824-1576, or Associate Chairperson Jerry Schimmel, 648-8634 for more information.

The Bernal Heights Neighborhood Center would be built by the City out of Community Development funds, but would be operated by the neighborhood. The center would provide a "home" for our own neighborhood volunteer service programs and would also be a place to house some of the services and programs which Bernal Heights needs from city-wide public and private agencies.

POSSIBLE PROGRAMS, ACTIVITIES AND SERVICES FOR A BERNAL HEIGHTS CENTER

FOR CHILDREN:

Day-care for children of working parents
A Parent Cooperative program for pre-school children
Parent-child observation classes
Arts and crafts
Other

YES

YOUTH PROGRAMS:

Skills Center; other job training
Counseling or "rap" sessions
Drug abuse programs
Tutoring
Other

YES

FOR ADULTS:

Senior Citizens group
Counseling sessions or "worry clinics"
"Hobby" groups
Information center to provide information about and phone numbers for various social, health and other services available to S. F. residents

YES

FOR NEIGHBORHOOD GROUPS:

Information clearing house on neighborhood groups and events
Staff help in preparing proposals, finding funding sources, and getting administrative assistance
Other

YES

(We'd like to know who you are, and how to reach you, so we can keep you informed of any developments related to your particular interest, as checked above.)

NAME: _____

ADDRESS: _____

PHONE: _____

Send to: Sally Green, 920 Esmeralda

JOIN US

The Bernal Heights Association is starting a membership drive. We hope you will join us in a POTLUCK DINNER Saturday, October 16th, 6 P.M. at St. Kevin's New Hall (Anderson & Cortland). Bring food to share. And if you can sing, dance, juggle, or have other talents to share, call Pat Marston, 826-5170 for a place on the program.

Would you like to sell cookies and lemonade at the Bernal Heights Assn. table at the ARTS & TRADES FAIR? Donate cookies? Lemonade? Sign up B. H. A. members? Call Pat Helton, 647-3665.

The Bernal Heights Association was started in 1963 as a Home improvement association. In the meantime we have had a interesting history. For the last two years the association has concentrated its efforts on keeping the people informed by publishing the Bernal Journal.

But now a small nucleus of people, the Executive Board of the Bernal Heights Association, has set the following goals and purposes for 1976 - 1977 (new elections are in May -- everyone welcome to participate). The goals are presently idealistic and out-of-reach, but if you agree with them, and if others do also, then the neighborhood might find the strength to make them happen.

Our goals are to coordinate the activities and issues of the many groups, committees, organizations, churches and schools within the neighborhood, giving strength, feedback and guidance to each other; and to speak for the neighborhood as a whole by means of a communications network yet to be established.

The purpose is to work for a cleaner, safer, and more culturally interesting Bernal Heights, where the rule is to respect each other and to give support to one another.

WHERE DOES IT ALL COME FROM?

All these Bernal Heights plans are hatched and discussed at the Bernal Heights Association Executive Board sessions the second Wednesday of each month at 7:30 P.M., at 307 Cortland (rides available). For a place on the November 10th agenda call Pat, 647-3665. Or just come and listen. We welcome your comments and suggestions on how to make the B. H. A. more effective.

EDUCATION COMMITTEE MEETS

The first meeting of this committee will be Wednesday, October 20th, 7:30 P.M., 307 Cortland. We will be discussing the possibility of adult education classes in Bernal Heights and anything else concerning education. Everyone is welcome.

B. H. A.

By: Pat Helton

The PRESIDENT'S

Corner

PRECITA VALLEY COMMUNITY CENTER

Now that fall is officially underway, we are organizing madly for new projects and programs. New workshops will include a pottery workshop Wed. 7:30 - 9:30 P.M., for adults and young adults, taught by a Hill potter. A music class is to be scheduled. There will also be a dance workshop Fridays 5 - 7 P.M.. Continuing workshops: Headstart pre-school beginning Oct. 5th; Youth dance in Salsa, Soul and Polynesian traditional dance; karate for adults and youth; after-school activities including arts & crafts, karate, cooking, games, tutoring and more. There will also be workshops sponsored by the People's Law School on "Youth and the Law" in October. For more information, come and visit or call 285-7833.

Thank you to all the people who have helped us with our building improvements, an ever-present process -- Gloria Ramos, contractor and architect, Ken Schubert, contractor, and ALL the folks whose support is so needed and appreciated. Our Program Board meetings are held monthly and are open to all - please come to suggest programs or become a board member. The next Board meeting will be Monday Nov. 1st, 7:30 P.M.

Carole Wiley

LIBRARY

LIBRARY HOUR CUTS

At their meeting on September 7th the Library Commission voted to cut branch library hours -- after the Art Show opening on September 18th, Bernal Branch will no longer be open on Saturdays. (See reduced schedule below.) After Federal funding for the CETA workers expires in December, much more drastic cuts will be made. Bernal's Ann Milkas is working under the CETA program. The permanent second librarian position for Bernal is vacant and cannot be filled under the hiring freeze except by action of the Supervisors' Finance Committee (Bärbagelata, Molinari, von Beroldingen).

Bernal and
Glen Park Branch

Mon	1 - 6	Thur	1 - 6
Tues	10 - 12	Fri	1 - 6
	1 - 6	Sat	Closed

30 Hours

At the Library Commission hearing there were no specific plans to lobby the Supervisors to unfreeze the budgeted but vacant librarian positions. Although far more severe cuts will probably be made in three months, there are no plans for public input about where and how these cuts will be made. There seems to be a strong possibility that some branches may be closed entirely. Mimi Mueller

OCTOBER FILMS:

October 20
7:30 P.M.

The Golden Age of
Comedy

REBUILDING OF ST. ANTHONY'S CHURCH

A year has passed since a tragic fire destroyed the beautiful Franciscan church of St. Anthony on Army St. Demolition was delayed, but construction will commence with in the near future.

By good fortune some of the beautiful stained glass windows were saved, the stairway and archway that remains will be restored, and the 3 large bells were also saved and will be installed in a tower. The front of the church will have a small chapel for daily Holy Mass with partitions to open to the church proper for large attendance.

Cost of the new church will well exceed the insurance coverage--so as a fund-raising starter there will be:

ST. ANTHONY'S CHURCH BUILDING FESTIVAL IN THE SCHOOL AUDITORIUM ON FOLSOM ST. bet. ARMY & PRECITA:

FRI. OCT. 15 - 7 P.M.
SAT. OCT. 16 - 7 P.M.
SUN. OCT. 17 - 1 P.M.

EVERYONE IN BERNAL HTS. IS INVITED TO VIEW THE PLANS FOR THE NEW CHURCH & ENJOY THE FESTIVAL!

Raffle Tickets are now being sold for Cash Awards: \$1,000, \$500, \$250, \$125, & \$75. They can be obtained at the Rectory, 3215 Army St. or from Elizabeth (Lee) Egger, 285-9258.

NOTES

LIBRARY PROGRAMS FOR CHILDREN

Two preschool story hours will be held each week at Bernal Library: Tuesday mornings at 10:30 A.M. and Thursday afternoons at 1:30 P.M. 3 - 5 year old children are invited for stories, poems, and songs, and fingerplays. These story hours are specifically for the individual child or for small playgroups. Nursery and preschools, and large playgroups, have scheduled visits to the library at other times.

All children are invited to the library to help plan a Children's Art Exhibit with Ruth, the children's librarian.

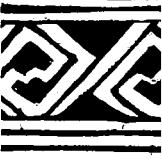
NEW MEETING ROOMS PROPOSED

Two public meetings have been held at the Bernal Library with representatives from the City Architect's Office to discuss possibilities for improvements in the meeting room below the library. The meeting room is to be rebuilt under a federal program specifically for public meeting rooms. The new plans include: Access for the handicapped, improved heating and cooling systems, better acoustics, lowering the floor for increased room height, improved restrooms, and possibly some cooking facilities. The preliminary plan will be posted in the library lobby for public comments and criticisms until October 15.

So we can better service you needs, I would very much appreciate AUTHOR and TITLE suggestions from the Spanish Reading Community.

BERNAL

Events &



MISSION COMMUNITY COLLEGE

Free classes for high school credits, to brush-up on skills, prepare for college, or develop craft skills. Call: 648-1415 for more information and/or brochure. Also available at our library.



YMCA ACTIVITIES

The YMCA at 4080 Mission has many programs this fall. There is Saturday Adventure Camp, After School Activities for children 6 - 12, a Pre-School Program, a Senior Citizens Program, and classes for adults. Call Bob Tortil at 586-6900 or stop by.



BROTHERS & SISTERS UNITED

Pre-School will be reopening at 307 Cortland around November 1st. Pick up application or call the E. O. C.: 285-8915



BERNAL HEIGHTS ARTS AND TRADES SHOW

A neighborhood show which will continue through December 18 is being presented by the Bernal Heights Arts and Trades Council at the Library at 500 Cortland.

The exhibit, held in the main room of the library, is simple, uncluttered, and includes oils air brush, watercolors collage, lithography, metal, wood, and ceramic sculptures. Anyone wishing to participate should contact Greg Forsyth at 3240 Folsom St., 282-0582.

Karen Caldwell



SUPPORT THE MIME TROUPE

Help keep theatre free in the parks. The Second Annual Survival Dance will be held at California Hall on Polk and Turk, 9 P.M., Friday October 15th. Music by "Energy Crisis" and "Elements of Soul", prizes, entertainment. Get your tickets at Modern Times 17th and Sanchez, \$2 advance, \$2.50 door. The Mime Troupe is at 855 Treat.



NANNY GOAT HILL GALLERY

Nanny Goat Hill Gallery proudly presents the painting and sculpture of noted San Francisco artist and plumber Michael Lipsey. He expresses childish fantasies of an erotic and artistic earthly paradise, laced with self-discovery. The show runs until October 24th. Gallery hours are 12:00 to 5:00 P.M., Friday, Saturday and Sunday.

HEIGHTS

Activities

LE CONTE SCHOOL MURAL

SCHEDULE CHANGE:

Mon. 10-5, Tues. 1-5, Wed. 1-3, Thurs. 1-5, Fri. 10-3, Sat. 1-5. We need money - scaffolding costs \$169.00 per month. Send Donations to Precita - Le Conte Neighborhood Mural Workshop, 398 Precita or phone 285-2287 Evenings; 285-7833 Days.



LITTLE PEOPLES' WORKSHOP

The Little People's Workshop, an established parent cooperative child-care center located at 416 Cortland Avenue, needs children between 3½ and 5 years of age. We are open 11 a.m. - 5 p.m. Two parents attend morning kindergarten and then come to our school afterward. The basic requirements are that parents work at the center one day per week, and attend monthly meetings. For further information call 285-2368 (11-5 p.m.). Evenings call Sylvia, 552-1857. The Little People's Workshop is a non-profit organization. All donations are tax-deductible and welcome. The workshop desperately needs a vacuum cleaner.



THE FARM

"Crossroads Community" or "The Farm" is located at 1499 Potrero Ave. in two warehouse buildings next to the Army Street freeway interchange. The group is comprised of independent working artists, educators, performers, environmentalists and concerned citizens.

Located in the buildings is a performing space of 4,500 sq. feet, used for rehearsals, classes, workshops and large public gatherings; a farm animal theatre which opens onto a five-and-a-half acre open space; a library/resource center for the study of food and land; and a multi-purpose open space with kitchen facilities and nearby roof garden and greenhouse.

Extensive gardens and lawns, created by the people who use the spaces, surround one of the buildings. Groups presently using the facilities include: Tumblewood, a dance, music, theatre collective; The Jones Company, a theatre collective, The Pickle Family Circus, and Earthwork, a child-oriented group from the Ecology Center.

In addition to these resident groups, there are many individuals and groups who use the spaces regularly or for special events. Many of the area's elementary and high schools also make use of "The Farm" facilities.

KATYA'S KITCHEN

SOUR ORANGE RYE BREAD

I like unusual breads those that cannot be bought in any store. And I have some favorite recipes of my own that produce unique loaves. One of my best-loved original breads is one I call "Sour Orange Rye Bread."

TO BEGIN: take one 6-oz. can of frozen, concentrated orange juice out of the freezer and let it come to room temperature (this is important -- if you put cold juice into your bread, it will retard the rising process which depends on gentle heat to get the dough ready for the oven). If you are in a great hurry, you could set the unopened can in a sink full of hot water. When the juice is room temperature, mix in a large bowl 2 tablespoons (or two little envelopes) of active baking yeast with a cup of warm (90° - 105°F) water. When the yeast has dissolved, stir in the orange juice concentrate. Mix well and let this mixture sit in a warm place for about half an hour while you go and do something else. When the half hour has passed, stir in ½ cup corn, soy, safflower, or peanut oil and 2 teaspoons of salt. Mix well. Stir in 2 cups of unbleached white or whole wheat flour. Again mix well, breaking up lumps of flour as you go with a wooden spoon.

Begin adding rye flour, ½ cup at a time, until you have achieved a good stiff dough that barely sticks to your hands when you touch it. Somewhere during the adding of the rye flour, you will probably have switched from mixing with a spoon to mixing with your hands. Turn the dough onto a floured surface and play with it for at least 5 -- preferably 10 -- minutes. Oil well 2 bread pans, or whatever you want to bake in, and divide the dough so that there is an equal amount in each baking container. Let the dough rise in the pans for 1½ hours or until it is doubled in bulk. If you have time, punch it down and let it rise again; if you are in a hurry you can put it at once into a cold oven, turn it to 375°F. and bake the bread for about one hour. Take it out when it has a nice brown crust and sounds "hollow" when tapped.

A NOTE FOR THE NOVICE: There is no precise amount of rye flour specified - you just keep adding, little by little, until the dough is stiff and workable. Also, the baking time is approximate - if after an hour the bread doesn't look done or sound "hollow", by all means, let it bake some more! My general rule of thumb is - when it looks ready, put it back in the oven for another 10 minutes. Love, Katya

RESOLUTION FILM CENTER

Resolution Film Center rents and shows films dealing with serious social problems facing us today. Call Marti Roach at 621-6196 for information and schedule.

Currently the people at Crossroads Community are in the process of working with the Trust for Public Land in attempting to acquire the 5½ acre parcel adjacent to the buildings for the establishment of a public park. Plans for the open space tentatively include an athletic field, a space for community gardens, orchards and a meadow.

Some of the classes being offered at Crossroads Community are: a music workshop for children on Saturdays from 12 - 2 P.M.; a dance class given by Tumblewood on Monday, Wednesday and Thursday evenings 5:30 - 7:30 P.M. at \$2 per class; a beginning acrobatics class taught by Tumblewood Friday at noon; also \$2; an improvisational theatre class taught by Jones Company at 8:00 P.M. Wednesday; an acrobatic class taught by the Jones Company is scheduled for Tuesday or Thursday evenings.

In addition to the classes, the Earthwork Library is open to the public daily from 10 - 5 P.M. at the Earthwork entrance. The library has a wealth of materials about plants and land.

The people at "Crossroads Community" are quite friendly and want to make it clear that the facilities are open to the entire community. They are always interested in volunteers to assist in the many ongoing projects. If there are any questions about the classes or any facilities at "Crossroads Community", call 826-4290 or 648-9743 or drop in.

BEAUTY

The most beautiful sight in this world to me,
Is nature's beauty and everything free.

Meaning the air we breathe each day and night,
Though it can't be seen by human sight.

A nice cool breeze on a hot sunny day,
Being able to see without smog in your way.
Grass a nice shade of green and trees so tall,
The rush of water pouring down the falls.

The sun as it's setting, its daily job is through,
The sky starts to change to a mysterious dark blue.
Then the moon starts to shine
With that heavenly glow,
And the clouds sway silently
To and fro.

The stars as they shine and sparkle so bright,
Happy because it's what we call night.

Listening to the tune of birds,
A story being told without a single word.
The children of the wilderness as they roam the land,
Awaiting the coming of the enemy, man.

The stillness and silence
Where one can meditate,
Is so beautiful, the peace,
A thing one can appreciate.

People enjoying their lives, as God meant it to be,
Would be the greatest beauty One could ever see.
By: Agnes Nofolalokmulifailonata Sua

... continue from page 1
asserted that the redlining bill referred to was weaker than the anti-redlining regulations set up by the Brown administration and was opposed by Gov. Brown himself. Marks stated that he supported Brown's anti-redlining regulations.

Sen. Marks alleged that Sup. Mendelsohn accepted a campaign contribution from the California Growers Association, a group which opposes the Farmworkers initiative, Proposition 14. Both Marks and Mendelsohn are on record as supporting Prop. 14. Marks further stated that the contribution was the largest given out by the growers' group to any candidate in this election year. According to Mendelsohn staff worker, Kingston Coles, the contribution referred to was from the Committee on Agriculture Policy in the form of an unsolicited \$1,000 contribution. The Mendelsohn campaign has not heard from the organization since the contribution was made. Coles said that Mendelsohn had been endorsed by the United Farmworkers Union in every election he had been a candidate in this campaign is waiting for the Union's endorsement.

On the subject of taxes, both candidates were for lowering them.

The two candidates have differing views about the revenue problems of San Francisco. Mendelsohn contends that the city needs help from the state and Federal governments. He suggested that half of the state gasoline tax revenues could be used to bring down the MUNI deficit. Sen. Marks blamed part of the revenue problem on San Francisco authorities, stating that vacant

PROPOSED CHANGE FOR POLICE COMPLAINTS

The San Francisco Bar Association has proposed the establishment of an Office of Citizen's Complaints. A Public Hearing was held in July to discuss the proposal.

The Office of Citizen's Complaints (O.C.C.) would function as an independent fact finding unit dealing with citizen's complaints against the police. O.C.C. would systematically receive, document and investigate allegations of police misconduct such as excessive force or verbal abuse, as well as acts violative of internal police department procedures, such as the consumption of alcohol while on duty.

Working under the aegis of the Police Commission, this group would be comprised of people who have never been Police Department employees. Under the present system such matters have been referred to the Internal Affairs Bureau, a component staffed and run by uniformed police personnel.

This proposal (O.C.C.) provides for public hearings before impartial Hearing Officers on the merits of the complaints if so desired. Complainants presently do not have this option. At these hearings both sides will have the right to legal counsel, calling and cross-examining witnesses, and the right to present evidence.

An additional feature of the proposal is an appellate procedure not presently available to complainants.

If you are interested in working on this issue, call Tito Torres or Dan Silva at 826-5333 or 285-8868 or visit the Police Incidents Group at 2922 Mission Street.

properties were left off the tax roles. He also pointed out that State taxes had gone down in the last few years, while city property taxes had gone up. On the revenues from the gas tax, Sen. Marks said that he is one of the authors of Proposition 5, which would bring a greater portion of locally paid state gas taxes back to San Francisco.

According to Sen. Marks the major issue in the campaign is "who can do the most for San Francisco." According to Mendelsohn the major issue is tax relief for the neighborhood.

Sup. Mendelsohn asked that voters look at his record as a supervisor. He said he had led the fight to let the supporters of Proposition T, the district election of supervisors, put the proposal on the ballot as they had written it. He also pointed to residential downzoning to protect the nature of the city's neighborhoods and to the tree planting and community garden programs he had introduced to the Board of Supervisors.

Sen. Marks pointed to his previous legislative experience. "I am the chairman of two important committees. I have never lost a bill on the floor of the State Senate. It isn't whether you are a Democrat or Republican, the issue is: Who's going to get things done for the city of San Francisco."



SAVE MONEY! Bring 647-9476
your worn out
shoes * boots * sandals
and I'll put on new soles and heels—
"Just Like New"—Quality Work at
Peoples Prices *

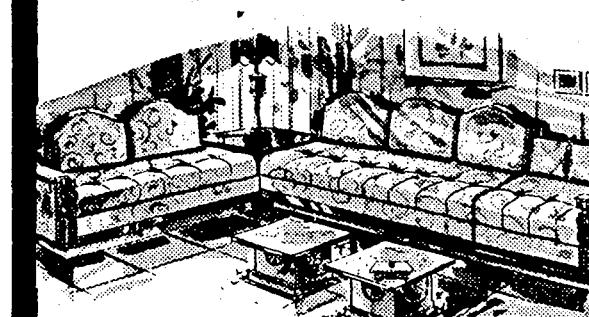
JERRY'S SHOE REPAIRING
737 Cortland (across from St. Kevin's Church)

Get acquainted with your
neighborhood furniture store—
With this ad get
10% off on any purchase.

**Century
Discount Furniture**

3334 Mission Street • 647-4465

— Muebleria El Siglo —



*** Easy Bank Financing
* BankAmericard
* Buy — Way Also * Lay-Away**

Open Monday thru Saturday 9:30 a.m. to 8 p.m.

COFFEEHOUSE
CHENERY

LAS PLANTAS
EXPERT ADVISORS ON EXOTIC PLANTS, SUPPLIES, CACTI, POTTING
22 Twenty-ninth Street near Mission • TELEPHONE 285-9958

Higher Grounds

Bernal Heights residents—find
Higher Grounds in Glen Park
not so far away—A new coffee house
featuring espresso/cappuccino & teas,
homemade soups & sandwiches, bagels & lox, fresh
fruit juices, Just Desserts pastries, Bud's Ice Cream, the
only authentic egg creams in town, live* and recorded music.
*Blintzes on Sunday.

*Wanna play a solo? We invite people to play to a six-table house—
No money reward, just an audience. Call Alan Goldfarb at
587-2832

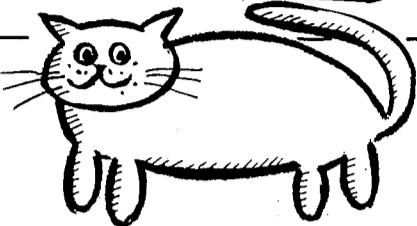
OPEN FOR BREAKFAST - Mon. - Sat. 7:30 (begin 10/28)
OPEN Monday—Thursday 11 a.m. until 11 p.m.
Friday and Saturday 11 a.m. until midnight
Sunday 10 a.m. to 10 p.m.

691 CHENERY at Diamond

a coffeehouse

ADVERTISE
IN THE
BERNAL JOURNAL
Mail us the words
you want us to print,
along with a donation—
(\$3 and up)—to:

Billie Jones, Bernal Journal
201 Virginia Street, S.F. 94110



SAN FRANCISCO PETS & AQUATICS
925 Cortland

J.F. Chisholm phone 824-9841
closed Sunday & Wednesday



ASSORTED
LIGHTWEIGHT
NYLON
SCARFS
SOLID COLORS STILL ONLY **29¢**
REG. 59¢

BIC BALL POINT PENS
Quality Photo
Finishing
reg. 29¢ School Special 12¢

BATTERIES
EVEREADY **20¢**
EA.
4 FOR **78¢**



79¢
REG 1.59
VINYL
COSMETIC BAGS

100 CAPS.
\$2.99
NATURES BLEND
VITAMIN E
400 IU

439 CORTLAND / PHONE 648-5618

PROMPT DELIVERY

Arrow Pharmacy

ECONOMIC OPPORTUNITY COUNCIL

RENTALS We are setting up a rental file at the E.O.C. Office, 434 Cortland Ave. If you have any listing please contact Joyce Stiger, 285-8915.

SUPPLEMENT FOOD PROGRAM Your district E.O.C. Office still distributes free food for the Supplement Food Program. This program gives food packs to low income working or A.F.D.C. families. The eligible child must be under six years and the program also covers expectant mothers. For information on how to apply come to 434 Cortland Ave. or call 285-8915 weekdays 8:15 A.M. - 5:00 P.M.

NEW STAFF The E.O.C. has New Staff in the office but not new with E.O.C. They are Joyce Stiger and Cherry Estrada who were transferred from other E.O.C. sites. Joyce and Cherry: Welcome to Bernal Heights. Charles Williams

DOES IT FIT TO A "T" ? ? ?

On November 8th, San Francisco voters will go to the polls and decide whether they will be represented by a Board of Supervisors elected at-large or by district. At present they are chosen on a city-wide at-large basis. A Yes vote on "T" this election would mean the Supervisors would be elected by district.

According to the supporters of Prop. "T", at-large elections do not provide adequate neighborhood representation on the Board.

San Franciscans for District Elections (SFDE) claim that the present Board of Supervisors is "behelden to the downtown interests who have controlled their campaigns over the year". The SFDE says that the current at-large system encourages expensive city-wide campaigns which favor incumbents with large financial backing. In district elections, candidates would only have to reach the voters in their district.

The opponents of the proposition claim that district elections of supervisors would be a return to ward politics.

The Citizens for a United San Francisco, a group opposing "T", argue that now every Supervisor is responsible to every voter. This citizens' group argues that district elections would mean higher taxes because of "pork barrel" politics and more corruption in city government.

Sup. Terry Francois, who does not plan to run for re-election, says that district elections would divide the city into "special interest blocks."

Some of the people supporting Prop "T" include Sups. Mendelson and Gonzalez, Assemblyman Willie Brown, State Senator Milton Marks, The Black Leadership Forum, and the Coalition of San Francisco Neighborhoods.

Some of the opponents include nine of the 11 Supervisors, The San Francisco Chamber of Commerce, and the Citizens for a United San Francisco.

Philip Johnson

como

COMO TRANSITION

A change in leadership has opened new vistas to COMO, a coalition of seven Outer Mission neighborhoods including Bernal Heights. In August of this year Jim Dixon and Larry Gordon resigned as directors of COMO. The COMO Board then recommended the hiring of Greg Kremenliev, a teacher and organizer from Toledo, Ohio, and a former resident of the Bay Area.

As director Greg hopes several goals will be realized in the near future. The most pressing is for COMO to become economically self-sufficient with less reliance on grants from corporations and private foundations. COMO is currently engaged in an extensive fund-raising drive. The next major event in that drive will be an enchilada dinner at Epiphany Church on November 13th. Of course, the most important goal for Bernal Heights residents, City Hall victories, will continue to be foremost for COMO.

Any questions about COMO? Please call 648-5605.

BALD EAGLE SPORTING GOODS

Try us for All Star Converse Shoes / Gym Clothes / Keys
Fishing Tackle / All Sporting Goods / Free Tide Book /

443 Cortland Avenue 285-2284

Mitchell's ICE CREAM

30 (THIRTY) AWARD WINNING FLAVORS INCLUDING EXOTIC TROPICAL FRUIT FLAVORS, USING ONLY THE FINEST NATURAL INGREDIENTS

688 SAN JOSE AVENUE, corner of 29th Street, Open daily till 11
OPEN SEVEN DAYS A WEEK UNTIL 11 P.M.



BARBER

826-7227

Open Tuesday through Saturday, 2 pm-6 pm

2873 Army between York and Hampshire

Union Barber / Union Shop
Union Prices: \$4.50 cut

#309426
WONDER WOMAN
ELECTRIC COMPANY
ALL WOMEN ELECTRICIANS
332-9100 Monday-Friday 8 to 5

The House of Movements
WATCH & CLOCK REPAIR & SALES
C. E. HAMER / 120 VIRGINIA ST.
telephone 282-9272 Mon.-Fri.

APPLEGATE STUDIO

PHOTOGRAPHERS

FAST SERVICE ON PASSPORT-CITIZENSHIP-ALIEN CARD PHOTOS

3452 MISSION STREET NEAR CORTLAND
TELEPHONE
415-282-9400

\$5 Discount

Painters' Coop

offers you \$5 off any gallon of top quality paint, only until 10/31/1976

45 Twenty-ninth Street / 826-1830



Open 12 to 7
Mon. thru Fri.

Your
BANKAMERICARD
welcome here
master charge

master charge

N. C. T.V.'s & ELECTRONICS

Sales & Service

Admiral.



ZENITH

HITACHI

COLOR & B/W

State Reg. #11700

PHONE 824-5296

3371 MISSION ST.

824-5